

VELEUČILIŠTE U ŠIBENIKU
ODJEL MENADŽMENT
STRUČNI STUDIJ MENADŽMENT

Kristijan Barišić

ENO-GASTRONOMIC TRADITION AND BUSINESS IN
ŠIBENIK-KNIN COUNTY

Završni rad

Šibenik, 2018.

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Završni rad

Kolegij: Poslovni engleski

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Šibenik, rujan 2018.

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ENO-GASTRONOMSKA TRADICIJA I POSLOVANJE U ŠIBENSKO-KNINSKOJ ŽUPANIJI

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Sažetak rada:

Eno-gastronomija Šibensko-kninske županije predstavlja atraktivni faktor i važan element za razvoj turizma. Uvjetovana specifičnim geografskim položajem Županije i brojnim povijesnim događajima, eno-gastronomija ovog područja odlikuje se svojom raznolikošću i jedinstvenošću. Kao rezultat blizine Jadranskog mora, specijaliteta priobalja Županije bazirani su na morskoj hrani i maslinovom ulju, dok je s druge strane unutrašnjost Županije više orijentirana na proizvodnju specijaliteta kao što su sir, pršut i mnoga druga jela sa svojim određenim karakteristikama. Osim glavnih jela, ovo područje poznato je i po svojim desertima, a uz većinu jela nezaobilazna su vrhunska bijela i crna vina različitih sorta, posebice ona uzgajana na primoštenskom kamenitom i siromašnom tlu. U Šibensko-kninskoj županiji djeluju dva velika proizvođača vina i drugi manji proizvođači. Restorani ovog područja u pravilu svoj meni baziraju na tradicionalnoj hrani nastojeći istovremeno podići kvalitetu svog poslovanja različitim inovacijama.

(34 stranice/ 25 slika/ 50 literaturnih navoda/ jezik izvornika: engleski)

Rad je pohranjen u: Knjižnici Veleučilišta u Šibeniku

Ključne riječi: eno-gastronomija, Šibensko-kninska županija, turizam

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Rad je prihvaćen za obranu:

ENO-GASTRONOMIC TRADITION AND BUSINESS IN ŠIBENIK-KNIN COUNTY

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Abstract:

Eno-gastronomy of Šibenik-Knin County represents an attractive factor and an important element for the development of tourism. Conditioned by the specific geographical position of the County and numerous historical events, the eno-gastronomy of this area is distinguished by its diversity and uniqueness. As a result of the proximity of the Adriatic sea, the specialities of the coastal region are based on seafood and olive oil, while on the other hand the interior of the County is more oriented towards production of specialities such as cheese, prosciutto and many other dishes with its characteristics. Apart from the main dishes, this area is also known for its deserts, and with most dishes are unavoidable top-quality white and red wines of different varieties, especially those grown on Primošten's rocky and poor soil. In Šibenik-Knin County there are two large wine producers and other smaller producers. Restaurants in this area are mostly based on traditional meals, while trying to raise the quality of their business with different inovations.

(34 pages/ 25 figures/ 50 references/ original in English language)

Paper deposited in: Library of Polytechnic of Šibenik

Keywords: eno-gastronomy, Šibenik-Knin County, tourism

Supervisor: Ivana Bratić, prof., v. pred.

Paper accepted:

1. INTRODUCTION

The subject of this thesis is the eno-gastronomic tradition and business in Šibenik-Knin County. In these days of modern tourism that has reached world-wide proportions and keeps on growing, tourist destinations must be aware of advantages that can attract visitors and try to raise their standards. Many destinations recognize eno-gastronomy as the main or very important attractive factor. Croatia, as well as its Šibenik-Knin County, is well known for its rich history, culture and traditional meals and beverages. For many people, Croatian traditional gastronomy is the main reason for coming to this small country on the Adriatic sea and one of the elements that have to experience. Situated in the region of Dalmatia, Šibenik-Knin County has many attractions that can be considered a beautiful landscape, cultural events and also unique specialities in the terms of eno-gastronomy. The main purpose of this thesis is to do a research and get to know the eno-gastronomic tradition and business in the mentioned County at a deeper level.

The thesis is written by using methods of induction and deduction. It consists of three main parts. The first part of the thesis is about Šibenik-Knin County and its geography, history and attractions. Second part is largely about main specialities of the Šibenik-Knin County including food from the hinterland of the County, seafood, wines and deserts. This part includes history and interesting information about the meals, stories related to them and ways of preparations. The last part is mainly about the gastronomy business in the County. This part is concentrated on the traditional restaurants, their various offer and the price of the service they are offering.

2. ŠIBENIK-KNIN COUNTY

2.1. Geo-communication position and demography

Šibenik-Knin County is situated in the central Dalmatia which means that has ideal position in the terms of tourism and that is valuable receptive area. Its location between Mediterranean and south-eastern civilization circle had its affects that reflected on rich cultural and historical heritage. At the same time, this position of the County has also negative side. Competitive regions of the north Adriatic are much closer to emissive tourist countries which is giving them an opportunity for diverse tourist offer. At the same time, neighboring counties of Zadar and Split are affecting Šibenik region in two ways; the tourist transition is bigger, but they are staying in this area for shorter time. This situation results in less spending from the tourists. Overmore, these two regions have also various attractions and more and more tourists choose these destinations as the main part of their itinerary. Good road connection and closeness of two airports means very decent connection with other parts of the country and Europe. Main roads in this area are A1 Split-Zagreb highway and Jadranska magistrala. Many railways from other parts of Croatia to Dalmatia are going through Knin which gives certain geo-communication position to this town in the hinterland.¹ According to survey, in 2011 Šibenik-Knin County had population of 109.375. Population of the County is mostly concentrated in Šibenik, Vodice and Knin. Just like in most of the others parts of Croatia, population number is decreasing, especially in northern and southern part of the County.²

2.2. Geography and nature

Main geographic characteristic of this area is karst relief with a developed hidrography. The biggest and most important river in the County is Krka river. On the northeast of the County is situated Dinara mountain with the highest peek in Croatia. On the southwest is spread so called Sjevernodalmatinska krška zaravan. On the north of this plain are located mountains of Bukovica and Velebit and on the south are Kozjak, Svilaja and Moseć. At the eastern part of the plain are karst fields Kninsko, Kosovsko and Petrovo polje. In the very middle of the County canyons are located that are the result of the dinamic activity of the Krka river. On the position where the river Guduća is pouring into Krka canyon, the Prukljansko jezero lake is

¹ Tandarić N. et al., „Master plan turizma Šibensko-Kninske županije do 2020. godine“, Šibensko-Kninska županija, Šibenik, 2017., p. 6-7

² Ibid., p. 9

shaped. The mouth of the Krka river is today St. Anthony Channel and the Šibenik bay. County's coastline is very indented and counts 285 islands. Šibenik-Knin County enjoys moderate climate with local varieties that depend on the relief and proximity to the sea. The most important lakes are, already mentioned Prukljansko jezero as the biggest lake in the County, Vransko jezero and smaller lakes on the Krka river. In the terms of biology, coastline part is mostly covered with holm oaks and aleppo pines. Hinterland is known for the downy oak and oriental hornbeam. This area is also home to many endemic species.³

2.3. History

The area of Šibenik-Knin County has been inhabited from the ancient time. There are number of artefacts that are telling the story about that period of the history and most of them are found in the area around Krka river. Delmati, Illyric tribe, built fortresses in Donje Polje, while the Romans built ports and roads mostly along the coastline. Croatian tribes were situated in Donje Polje with Jadrtovac as their centre. Town of Knin was royal town until Ottomans arrival. The first mention of Šibenik was in 11th century. At the end of the 13th century, Šibenik became center of the Šibenik diocese. From the 15th century, Šibenik was under Venice whose governance lasted for three and half centuries. As a result of Ottomans penetration, domicile population moved into coastal area and islands. Because of Šibenik's important strategic position, Venice built many fortresses in this town. At the end of the 16th century, Šibenik was the biggest Dalmatian town and commercial center, but its importance decreased with the plague in 17th century. After Venice, Šibenik was under French rule and Habsburgh monarchy. In the year of 1893. first hydropower plants were built on Krka river. During two Yugoslavias, Šibenik was developing as industrial center. Tourism found its place in this town only after second World War. Although this County was many years under foreign rulers, it could also be said that all those historical events left their trace and today represent valuable tourist resource.⁴

³ Tandarić N. et al., op.cit., 2017., p. 8

⁴ Ibid., p. 8-9

2.4. Tourist resources

Šibenik-Knin County has great number of resources on which it is basing its tourism. There are plenty of natural attractions in this area. Many of natural beauties are under protection; County has thirteen protected area of which two of them are national parks, Krka and Kornati. The County is known for biodiversity, clean sea, many islands and bays. The delta of the Krka river and Prukljan lake have unique position and combination of river and sea water. The archipelago of the County is the main attraction for many sailors who want to experience this special part of the Mediterranean. Beside the natural beauties and classic concept of „sea and sun“, the County has rich cultural heritage as a result of dinamic history. Most important cultural objects are located in Šibenik. There are two objects under UNESCO, St. James Chatedral and St. Nikola Fortress. This area is widely known for traditional music, dances and local legends. Great diversity in the terms of eno-gastronomy is also one of the elements this County can use for its tourist market positioning. The county has also more space for developing on the field of religious tourism. Very interesting is the island of Visovac that has become a place of pilgrimage.⁵

Picture 2.4.1. Šibenik



Source: <https://www.bestofcroatia.eu/hr/podregije-detalji/riviera-sibenik-27>, 25.08.2018.

⁵ Tandarić N. et al., op.cit., 2017., p. 17-26

3. ENO-GASTRONOMY OF ŠIBENIK-KNIN COUNTY

As it is said, Šibenik-Knin County is located in Croatian region Dalmatia. Dalmatian cuisine has the special mixture of basic and modern elements whether it is talked about northern Zadar, Šibenik, Split or Dubrovnik at the south and very end of Croatia. Šibenik-Knin County is the best example of those mixtures that are not only evident in eno-gastronomy but also in the beautiful landscape. It is possible to see obvious connection between those two categories. In the terms of natural beauties, national parks Krka and Kornati are pearls of this County. Just like the river Krka with its gorgeous waterfalls enters the sea, „the gastronomic delicacies of Šibenik`s hinterland flow into the gastronomic wealth of the Šibenik archipelago.“⁶

3.1. Hinterland food

The hinterland of Šibenik is known for various specialities with the traditional way of preparing that was passed from generation to generation. These meals have their own charm that attracts tourists and local people that want to make a distance from the sea food and try something that is hidden in the back of the Šibenik. Some of these meals are *prosciutto*, *pancetta*, cheese from *mišina*, lamb, *kaštradina*, *paštica*, *soparnik* or *soparnjak*, *pasta-fažol* and *paštašuta*.⁷

3.1.1. Prosciutto and cheese from mišina

Prosciutto and pancetta in this County are being made mostly in hinterland. This area, especially around town of Drniš, is known for cold and windy winters, ideal climate for this type of food. Local people prepare it by smoking meat products on holm-oak and by drying them on the wind.⁸ Analyses showed that is the wind that makes Drniš prosciutto different from other Dalmatia`s prosciuttos. Approximately 50% of all winds in Drniš area is bura. The word prosciutto signifies salted and dried pig`s hind leg. Its origin is Latin per-exuctus and that means that prosciutto is completely dried. Pig breeding first occurred in mid-Bronze Age and in this area of Drniš around 1500 B.C. By salting and drying it, pig meat is being preserved and prepared for future consumption. This technique is mentioned by the ancient Greek writer Homer in the 8th century B.C. More information about preparing prosciutto in

⁶ D. Fabijanić et al., „Croatian eno-gastronomy“, Croatian National Tourist Board, Zagreb, 2015., p. 45

⁷ Ibid.

⁸ Ibid.

Šibenik District can be found in Statutes of Šibenik from 14th century. There was a halt in pig breeding due to Ottoman conquest of this area and more favorable conditions came after Venetian governance. In the year of 1857 there were 4077 pigs in Drniš Municipality, but in the following decades that number decreased rapidly. Result of that was also decreased prosciutto production. This prosciutto was in the menu of the dinners organized for the crowning of the Queen Elizabeth II. Production of Drniš prosciutto as a special brand started in 1969 and 3000 pieces of prosciutto were dried on different locations. The best weight of prosciutto is around 8 kilograms. Prosciutto is a speciality in other Mediterranean countries but only French prosciutto is dried by smoke. The difference is also in the rest of the process; adding aromatic plants and immersing prociutto in must after smoking it.⁹

Picture 3.1.1.1. Drniš prosciutto



Source: <https://www.drniskiprsut.com/drniski-prsut/karakteristike-prsuta>, 16.08.2018.

Picture 3.1.1.2. Drniš prosciutto on the plate



Source: <https://www.drniskiprsut.com/drniski-prsut/karakteristike-prsuta>, 16.08.2018.

⁹ <https://www.drnis.hr/index.php/turizam/medunarodni-festival-prsuta-2014/367-drnis-prosciutto>, 16.08.2018.

Cheese from *mišina* or *mišni sir* is the speciality that can be found in the mountainous hinterland of Šibenik but also Zadar, Split and Dubrovnik clusters. This cheese is made from sheep milk and is produced by ancient method that allows cheese to age in a sheepskin. The cheese is not shaped into particular form, but comes in small grainy lumps. It is delivered to markets in sheepskin in which it has matured which gives a strong and distinct flavour. This dish is often consumed as a part of a meal that consist of flatbread or bread baked under peka and red Dalmatian wine.¹⁰ In Šibenik-Knin County, cheese from *mišina* is mostly produced in Pakovo selo, traditional Dalmatian village located twenty kilometres north of Šibenik, on the main road to Knin, famous for its sheeps.¹¹ Although there are some reliable information about the first forming of this cheese, it is considered that the Thracians and Illyrians bred sheeps to pasture Dinara and first used this method of cheese production. Some stories say that production of this cheese started spontaneously, by fermentation of milk in a bag used for storing milk. The literature suggests there were activities by the former governments with the goal of improving production of cheese from *mišina*. These activities had no influence in Dalmatian hinterland and tradition of producing cheese remained almost the same.¹²

Picture 3.1.1.3. Cheese from *mišina*



Source: <https://croatia.hr/en-GB/experiences/gastronomy-and-enology/dalmatia-sibenik/sir-iz-misine>, 17.08.2018.

¹⁰ <https://croatia.hr/en-GB/experiences/gastronomy-and-enology/dalmatia-sibenik/sir-iz-misine>, 17.08.2018.

¹¹ <https://www.inyourpocket.com/sibenik/Around-Sibenik/Pakovo-Selo>, 17.08.2018.

¹² <http://www.thebestincroatia.info/ideje/cheese-from-misine-slavko-petrovic-pakovo-selo-2690.html>, 17.08.2018.

3.1.2. Lamb and kaštradina

Specialities that include lamb made in different ways can be found along the County. The most popular is a lamb on a spit that is being prepared mostly in Boraja on the south of the County, near Split region. It is also recommended to try barbecued lamb, lamb under a steel or clay dish, with potatoes and other vegetables, lamb roasted with potatoes or lamb on its own. The vegetables that are cooked with lamb are mostly seasonal vegetables, but the most often used are cabbage, collard greens or white cabbage. One of the dishes is also lamb tripe, barbecued lamb liver or lamb stewed with onions.¹³ Already mentioned lamb under a steel dish is very popular and it is often on the menu of many gourmets. This steel dish is called *peka* and it is bell-shaped dome cover. The dish itself is often cooked in an open fireplace. The recipe is very old, but its main characteristic is that it preserves the richness of the taste and it is still used today. The skill of making a good *peka* is passed from generation to generation. Beside cabbage and similar vegetables, some chefs like to put olive oil, potatoes, onions, garlic cloves, carrots, rosemary and other in the *peka*.¹⁴ For many people, favorite dish in this area is *kaštradina* that is made from the dried meat product of castrated ram or goat, less often from the lamb and it is prepared with collard greens, kale or sour cabbage.¹⁵

Picture 3.1.2.1. Lamb under *peka*



Source: <https://www.coolinarika.com/recept/jaretina-pod-pekomp/>, 17.08.2018.

¹³ D. Fabijanić et al., op. cit., Zagreb, 2015., p. 45-46

¹⁴ <https://www.holidaysroko.com/single-post/OUR-DALMATIAN-PEKA>, 17.08.2018.

¹⁵ <https://www.zaton.hr/en/blog/184/try-dalmatian-specialties-of-zadar-hinterland>, 17.08.2018.

3.1.3. Pašticada

Pašticada is a stewed beef dish accompanied with homemade gnocchi. It is considered as the most favourite Dalmatian dish that is sometimes prepared with prunes.¹⁶ It is among the meals which are prepared by slow cooking with ingredients and seasonings such as onion and other. These ingredients give this meal a strong flavour and aroma. *Pašticada* was brought to this area of Dalmatia by the Republic of Venice, but over the time it has become domesticated. It is usually prepared with the method called braise. By following this method, meat is first fried on golden fat and then cooked covered with aromatized stock or with added root vegetables. At the end of cooking, burgundy, port, marsala, prošek red wine and other ingredients are used as seasonings. It is best to serve *pašticada* with gnocchi in the sauce and covered with parmesan cheese. Gnocchi can be served as an appetizer, but also at the same time as a meat. Gastronomic culture of Italy and their *pašticada* in Venice, Treviso and Verona, former parts of the Republic of Venice, is being tracked since the 15th century. There were also some variations in preparing *pašticada*, just like in Dalmatia. One of the most interesting is the one from Verona with horse meat.¹⁷ In the past, *pašticada* was considered a festive meal and has usually been served on special occasions and only by wealthy families.¹⁸

Picture 3.1.3.1. *Pašticada* with gnocchi



Source: <https://www.24sata.hr/lifestyle/slasna-pasticada-po-receptu-i-savjetima-splitskog-majstora-382278>, 18.08.2018.

¹⁶ D. Fabijanić et al., op. cit., Zagreb, 2015., p. 45.-46.

¹⁷ <http://www.kuhaona.com/en/2016/09/about-dalmatian-pasticada/>, 18.08.2018.

¹⁸ <http://tourdalmatia.com/pasticada-with-gnocchi-beef-pot-roast/>, 18.08.2018.

3.1.4. Soparnik

One of the traditional dishes is also *soparnik*, often called *soparnjak*. *Soparnik* is a salty pie filled with chard and olives. It is very popular in top restaurants and has special place on their menus. This speciality is baked under a clay or metal dish and nowadays has often a role of a appetiser.¹⁹ It is considered that it dates back from the times of Republic of Poljica, that was stretching out at the eastern part of today Split region. In the past, this was a dry dish prepared at times of fasting and consumed by field workers who would wrap it in leather, carry it and eat it with water and wine vinegar. *Soparnik* is prepared in traditional way. A day before it is cutted, chard is left over night to dry. Approximately one hour before baking, fire in *komin* is started. The dough is splited in two halves – the lower one is filled with chard, olive oil, leek and salt while the upper layer is sprinkled with flour and poked with a fork. *Soparnik* is baked under ashes about 15 minutes and then spread with olive oil and garlic. There are also some interestic facts about *soparnik*. It is cut in rhombus shaped pieces starting from the middle and the first piece is ususally for honor guest. The wine is served in a *bukara* that is put in the place of the first cutted piece. The preparation of this meal is among the Cultural Goods of Croatia.²⁰

Picture 3.1.4.1. *Soparnik* with the *bukara* in the middle



Source: <https://www.jutarnji.hr/dobrahrana/price/portal-great-british-chefs-ako-volite-putovati-i-jesti-hrvatska-je-zemlja-za-vas/6654192/>, 18.08.2018.

¹⁹ D. Fabijanić et al., op. cit., Zagreb, 2015., p. 46

²⁰ <http://www.kuhaona.com/en/2014/04/about-soparnik-dalmatian-chard-filled-pie/>, 18.08.2018.

3.1.5. Skradin risotto

One of the special meals of this area is *Skradinski rižot* – type of risotto originating from the town of Skradin, settled down on the border between sea and river. Although it is said that recipe for this meal is secret, risotto connoisseurs and master say that in fact there is no secret. The only thing that is important for making a great *Skradin risotto* is time and that is the reason why it is necessary to plan a trip for this risotto. For the ones that don't have enough patience to cook for hours it is not recommended to cook it on their own. It usually requires a team of men that share the cooking duties. It is considered that *Skradin risotto* has always been made by men since they always prepare dishes that are cooked for hours and that come in larger quantities. It could seem that this hype about risotto is little exaggerated, because risotto is reckoned a rapid food that puts up with anything. But this risotto demands absolutely the best part of the meat – the veal rump centre cut, but also young and old beef, old capon and ham. The process of preparation begins with braising onions and diced meat. After that, the rice is added and moistened with the bouillon of beef and capon. The rice is seasoned with salt, pepper and prosciutto. At the very end it is often sprinkled with grated hard cheese. This meal reflects real spirit of Skradin and it once was the pride of every well-off house in this town.²¹

Picture 3.1.5.1. *Skradinski rižot*



Source: <http://www.iceipice.hr/en/article/a-risotto-for-patient-carnivores>, 30.08.2018.

²¹ <http://www.iceipice.hr/en/article/a-risotto-for-patient-carnivores>, 30.08.2018.

3.2. Seafood

The majority of the menus of the coastal towns of Šibenik-Knin county such as Šibenik, Primošten, Murter and many others, include fish specialities and other meals based on the sea products. Characteristic of these dishes is not only their unique taste and aroma, but also the fact they are relatively healthy. In this part of the County popular seafood include white fish, oily fish (sardines, anchovies, mackarel, tuna), shellfish, scallop shells au gratin or *Jakobove kapice*.²² Beside that very popular are stuffed squids, black risotto, brodetto, scampi on *buzara*, mussels, octopus and lobster salad. Sophisticated menus include poached skate wings, marinated fish, Scorpena Scofa brodetto, red mullet and others.

3.2.1. Grilled fish and brudet

When it is talked about the fish meal first that comes on mind is usually fish on *gradele*. *Gradele* means the grill, but also the way of preparing the fish. The preparation of the fish following this method is very simple and includes putting fish on *gradele* after it is seasoned with olive oil, parsley and garlic. During grilling, from time to time, fish is basted with a rosemary branch dipped in olive oil in order to keep the moist. The fish is often accompanied with boiled potatoes and swiss chard.²³ There are various of fish that can be prepared this way, from dentex, seabass, gilt-head bream and mackarel to tiny sardines. An old Dalmatian saying states that a fish must „swim three times“, in the sea, olive oil and wine. These means that a fish meal is always going with a good Dalmatian wine.²⁴ Except already mentioned fishes, this way can also be prepared other seafood, such as squids that are usually filled with various ingredients.

²² D. Fabijanić et al., op. cit., Zagreb, 2015., p. 46

²³ <https://www.cyclingcroatia.com/explore-destinations/gradele-fresh-grilled-fish-8>, 19.08.2018.

²⁴ <https://www.zaton.hr/en/blog/99/traditional-dalmatian-fish-specialties>, 19.08.2018.

Picture 3.2.1.1. *Brancin* on gradele



Source: <https://steemit.com/cooking/@bilogorac/fish-brancin>, 19.08.2018.

3.2.2. Brudet

Brudet or *brodet* is a meal whose name comes from Italian word *brodetto* and means a soup made of fish or seafood. This kind of meal is also part of other Mediterranean countries but with certain varieties. In the Adriatic, *brudet* is prepared with certain sorts of fish from which most popular are grouper, scorpion fish, monkfish, sea bass, sea-bream and others. Ingredients used for this meal include olive oil, salt, pepper, onions, garlic, parsley and tomatoes. The taste of *brudet* depends on the type of the fish, olive oil and other ingredients. There are many different versions of *brudet* in Croatia. For example, *brudet* made in south Adriatic and Dubrovnik is more sophisticated and often made from grouper while *brudet* from around Neretva river delta is usually made from eels or frogs with chili peppers as seasoning. People from Central Dalmatia, therefore and Šibenik-Knin County, prepare *brudet* with squid, cuttlefish, octopus, scorpion fish and similar. The preparation of this speciality begins with purging olive and soy oil in the dish and warming it. After short time, onions, garlic, pepper, parsley, bay leaf and tomato are putted in the dish. Next step is putting a little bit of *prošek* (Dalmatian sherry). After few minutes pieces of fish are putted in the bowl along with enough amount of water. Process of cooking usually ends with putting half a glass of red wine.

Throughout the history, this meal prepared with lobster`s head could only be found in nobleman house.²⁵

Picture 3.2.2.1. *Brudet*



Source: <https://www.sailingeurope.com/blog/brodet-probably-the-most-typical-dalmatian-meal>, 19.08.2018.

3.2.3. Buzara

Buzara is the name of food preparation method that is very popular in Šibenik-Knin County, but also in other parts of Dalmatia. Food prepared following this method are often shrimps, mussels or another types of shellfish. The *buzara* method of seafood preparation is probably the oldest and unchanged for many centuries. Main characteristic of this method is its simplicity. *Buzara* has been used even in old Greece where the main ingredients such as onion, olive oil, fish and parsley have been used. Opposite of *brudet* method, where the main goal is to change characteristics of grocery, *buzara* is the way of keeping these attributes. *Buzara* has survived in Greece and Bizantyne empire and therefore, it could be said that its name could have its root in the mixture of greek and arabian language – word *buza* or *buzara* meant lips. The real place of this meal is surely in the Venetian – Dalmatian gastronomic circle, but this speciality also spread to other Mediterranean countries and result of that was changing its core.²⁶ To prepare mussels this way it is necessary to put olive oil along with onion and parsley in the bowl. The frying begins only when the washed and

²⁵ <https://www.sailingeurope.com/blog/brodet-probably-the-most-typical-dalmatian-meal>, 20.08.2018.

²⁶ Barbieri V., „Vječnost se zaustavila u buzari“, Nacional, br. 401; From: <http://arhiva.nacional.hr/clanak/12114/vjecnost-se-zaustavila-u-buzari>, 20.08.2018.

cleaned mussels are added. When the molluscs start to open, it is time for putting a white wine to sweeten it, along with bread crumbs and pepper. To freshen the aroma, it is good to put the rest of parsley and onion during the cooking. While it is true that this way are prepared many seafood, especially shrimps, in this County mussels are very popular. In this part of the country they are also known as *pidoće*. The south-eastern coasts of islands of Zlarin and Lupac were full of this food and taking them home became usual habit.²⁷

Picture 3.2.3.1. Mussels made on *buzara*



Source: <http://www.cromaris.hr/dagnje-na-crvenu-buzaru-r50>, 20.08.2018.

3.2.4. Black risotto

The dish that is also worth of mentioning is black risotto or *crni rižot* on Croatian language. Black risotto can be found in cuisines of other Mediterranean destinations. In Spain it is called „*arroz negro*“ and it is often part of *paella* and in Italy it is known as „*risotto nero di seppia*“. This was the signature dish in Venice whose influence from the 14th to 17th century can be seen in this speciality too. Black risotto is made from the cuttlefish or squids. The reason of the black colour of the meal is the ink that cuttlefishes or squids use in order to escape from predator. This ink is also very healthy, as it is rich in antioxidants and iron.²⁸ Risotto made from cuttlefish and one made from squid do not differ much in taste and preparation. Beside the cuttlefish or squid, key ingredient is rice. First step of making black risotto is cleaning the

²⁷ <http://www.sibenik-tourism.hr/en/gastro-2/28-en/gastro/86-mussels-a-monument>, 20.08.2018.

²⁸ <http://total-croatia-sailing.com/blog/flavours-of-the-adriatic-crni-rizot/>, 20.08.2018.

cuttlefish and washing it from sand. The cuttlefish is then cut into smaller pieces, but the tentacles are often left whole. It is very important to separate the ink and dissolving it in small quantity of water. On the other hand, it is necessary to dice the onion and put it in the heated olive oil. Little after, garlic and cuttlefish are added and altogether is sauted for 10 minutes, poured with wine and salted. Rice is added after liquid evaporate. Cooking has to last around 18 minutes and at the end of it ink is added. This meal is best to serve with a grated parmesan cheese.²⁹

Picture 3.2.4.1. Black risotto



Source: <http://www.kuhaona.com/en/2016/08/black-cuttlefish-risotto/>, 20.08.2018.

3.3. Wines

Šibenik region is also known for its grape-vine that has great influence to the economy. The landscape of region and climate are favourable for this type of agriculture. Slopes and karst fields, sea, Krka river and Prokljansko jezero are the ideal elements for wine-growing. The growing of the grape-vine started with the Romans who are most responsible for spreading this culture in the hinterland, especially around Drniš, Knin and other areas with favourable conditions, while the Greek colonists did not spread the vine into countryside, but stayed in the islands. Romans also revolutionized wine production with many varieties and growing techniques. Wine was used in everyday nutrition, but also as a medicine. About a hundred

²⁹ <http://www.kuhaona.com/en/2016/08/black-cuttlefish-risotto/>, 20.08.2018.

years ago type of wine named *prošek* was sold as a medicine in the Šibenik pharmacies. The Rulebook on vineyard areas states there are six areas of wine-growing. These areas are: Pirovac-Skradin, Knin, Promina, Drniš, Šibenik and Primošten. The wines produced in this area are diverse because of the climatic features. In the hinterland, vineyards are grown in karst areas, on deeper soil and in continental climate that is usually colder than Mediterranean one and suitable for white varieties. On the other hand, in the coastal area and islands, red varieties of grape-vine are grown on the stone terraces. This is especially characteristic for Primošten wine growing area. The largest vineyards areas in Šibenik-Knin County today are the areas of Primošten, Promine and Drniš (Petrovo Polje). There are few differences between the coastal part and the countryside that affect the grape-vine growing and results in a number of different wines. Average annual temperature in Šibenik and other coastal towns is around 15 °C or higher, while in Drniš it is around 13 °C. These two areas also differ in annual rainfall. There is more than 1000 mm of rain inland and less than 800 mm on the coast. In hinterland, fields with deep, brown or red soil can be found. On the other side, coastal areas are known for shallow soil with a lot of rocks.³⁰

Picture 3.3.1. Primošten karst vineyard



Source: D. Fabijanić et al., op. cit., Zagreb, 2015., p. 48

3.3.1. Babić and plavina

Most famous red grape-vine variety in the Šibenik region is *Babić*. The reason of its special place on the map of wine industry are the superb wines and varieties from the Primošten terraces where this sort of grape-vine is grown. The characteristics of its wine are intensive red colour, full and strong taste, aroma and matured fruit. There are few wine producers that

³⁰ D. Fabijanić et al., op. cit., Zagreb, 2015., p. 48

are nurturing this old tradition of *Babić* wines, while the local community is doing an effort to preserve this landscape as a home of the mentioned variety.³¹ This variety is not successful in fertile ground of Dalmatian Zagora, but just like another variety *Plavac mali*, it needs poor soil, a lot of sun and low yields. There is one feature that separates *Babić* from other varieties – it has kept the ideal acids ratio that gives harmonious tone to its taste. *Babić* should be made with well ripened grapes in order to get right aroma. The elevated acids of *Babić* go well with high alcohol and ripe tannins. For *Babić* variety, it is best that process of maturation is done in oak barrels because that way oak is decreasing too expressed tannins or acids.³²

Picture 3.3.1.1. *Babić* variety



Source: <http://www.miva.com.hr/hr/proizvodaci/gracin/379/>, 21.08.2018.

Plavina is the second most important red variety. It is sometimes called *Plavka* or *Plajka* and it is originating from central Dalmatia. Unlike *Babić*, *Plavina* needs a richer soil and more moisture and under these circumstances it can yield higher yields. *Plavina* is resistant variety that gives lighter wines in the terms of alcohol percent, but also colour. These wines are fresh and with neutral flavour. Its berries are high in sugar and acids and because of that and also because of its yield, it is often used for blending with other varieties, whether legally when it is disclosed on the label, or illegally, without the honourable mention to increase the volume of production of other red varieties. *Plavina* is also used for the production of *prošek*. The area around Skradin is considered a best location for its growth.³³

³¹ D. Fabijanić et al., op. cit., Zagreb, 2015., p. 48

³² <http://suhapunta.hr/en/products/babic>, 21.08.2018.

³³ <http://www.total-croatia-wine.com/grapes/894-the-indigenous-grapes-of-croatia-kraljevina>, 21.08.2018.

Picture 3.3.1.2. *Plavina* variety



Source: <https://agroblohortikultura.wordpress.com/2016/06/20/plavina-plavka-marasovka-blatina/>, 21.08.2018.

3.3.2. Maraština and debit

Maraština (*malvasia del Chianti*) is the most important white variety in Šibenik region and it is used for producing quality wines, of which most of them are dessert ones. For its growing it needs special features of the sites, but these sites are hard to find today and they are mostly used for red varieties³⁴ *Maraština* is not indigenous variety, but it has been grown here for centuries. At the same time, some share opinion that this variety is actually from this area and was spread throughout the Mediterranean. Beside Šibenik region, this variety can be found on the islands of Hvar and Korčula, Pelješac peninsula and Konavle region. When it is grown on a area where it gets a lot of sun, it gives high yields of the grapes that often ripen late and have high content of sugar. It is called „a female wine“ because of fruity yellow colour, low alcohol and acids. It is often blended with high acids varieties. It is not served to cold and it goes well with seafood, risottos and goat cheese.³⁵

³⁴ D. Fabijanić et al., op. cit., Zagreb, 2015., p. 48.

³⁵ <http://www.total-croatia-wine.com/grapes/489-the-grape-varieties-of-croatia-marastina>, 22.08.2018.

Picture 3.3.2.1. *Maraština* variety



Source: <http://www.vinarija-posip-cara.hr/vineyards/variety-of-rukatac/?lang=en>, 22.08.2018.

Debit variety, also known as *Puljižanac*, is a white variety that used to produce quality wines. Its best position are the slopes of Promina mountain. Special features of this area are its location that is on half way from the coastline and mountains of the Bosnia border. Grapevine on this position gets enough sun and during night it is cooled down by the mountain winds. *Debit* wines lost most of its appeal to Croatian consumers because they were produced with prolonged maceration which resulted in too expressed yellow colour and dull taste. Although it is considered an autochthonous wine of the central Dalmatia, alternative name *Puljižanac* could suggest an Italian origin – it means „a person from Apuglia“. *Debit* is now produced with better cellar techniques which gives less time of macerating, dry and fresh wine with strong aroma. The late harvests of this variety were used for making very sweet wine and nowadays some producers use it for sparkling wine production. Also, this wine was among top six wines choosed at rating exhibiton held in Toulouse in 1932.³⁶

³⁶ <http://www.total-croatia-wine.com/grapes/657-the-indigenous-grapes-of-croatia-debit>, 22.08.2018.

Picture 3.3.2.2. *Debit* wine from *Bibich* winery



Source: <https://www.bluedanubewine.com/blog/2016/08/winewednesday-spotlight-51-bibich-debit/>, 22.08.2018.

3.3.3. Other varieties

Beside already mentioned wine varieties, there also others varieties that have their place in the wine industry. *Lasina* is rediscovered autochthonous red variety with a small portion of the assortment and few wines of this variety can be found today on the market. Another red variety is *Merlot* with a several wines whose excellent characteristics satisfy their consumers. *Merlot* can be grown either on the coastline area or in the hinterland. Integral part of the assortment are also red varieties *Cabernet savignon* and *Syrah*. Produced largely on Pelješac peninsula, *Plavac mali* variety can also be found in large areas of Šibenik region. Other white varieties that are not mentioned are *trebbiano toscano*, with a thirty years history on this land, *rkaciteli*, variety that was brought from Georgia in the 70`s, and *trbljan (kuč)*, but these varieties are often blended with other types of grape-vine. Two varieties that are also worth of mentioning are *pošip*, indigenous variety from the island of Korčula, and *chardonnay*.³⁷

3.4. Desserts

Šibenik-Knin County has also long tradition of deserts. Some of them are fruit desserts such as *Skradinska torta* made from honey, walnuts and almonds, *bruštulana* (candied almonds), figs, rowans, bearberries etc. As the most traditional desserts of the County are considered *rožata* (a cake made of eggs, milk and caramel), *fritule* (small doughnuts with rasins and liqueur), *kroštule* (similar to *fritule*) and *mandulat* (mixture of almonds and honey). All these

³⁷ D. Fabijanić et al., op. cit., Zagreb, 2015., p. 48

deserts represent additional attraction and another aspect of the Šibenik-Knin County cuisine.³⁸

3.4.1. Skradin cake and candied almonds

Skradinska torta or Skradin cake is a cake originating from Skradin. In the 15th century, it was made by brides-to-be before their first wedding night. It is usually made for festive occasions and garnished with geranium flower and mint. It is believed that only a few women from Skradin know the original recipe. There are always debates whether the recipe includes certain ingredients such as orange zest, lemon zest, Maraschino, mint, cinnamon, etc. The main ingredients from which the cake is made are eggs, sugar, rose liqueur, honey and ground walnuts. After baking, the cake is glazed with a mix of dark chocolate, milk and butter. Last step of the preparation process is always garnishing and chopping the cake with whole walnuts.³⁹

Another desert that is very popular in the area around Skradin, but also in other parts of the County are candied almonds. In Dubrovnik region they are called *bruštulani mjenduli*. This delicacy is known for its simplicity as only two ingredients are used in preparation. Candied almonds are edible souvenir and can be found in all the food souvenir shops. But, making your own is cheaper and better, especially when a little bit of vanilla is added. Before starting to make candied almonds, it is good to take advice of not doubling the ingredients, but making them in several batches in order to get them coated properly. Usual ingredients for candied almonds are almonds, granulated sugar, vanilla sugar and water. It is necessary to cook all ingredients for some time and to keep stirring. Sugar will start turning lighter and lumpier and almonds will begin to crackle. It is recommended to wait a little till almond cool off.⁴⁰

³⁸ <http://www.dalmatiasibenik.hr/experience/activities/food-and-wine/tasty-desserts-and-sweets/141>, 23.08.2018.

³⁹ <https://tasteatlas.com/skradinska-torta>, 23.08.2018.

⁴⁰ <http://anamarijabujic.com/candied-almonds/>, 23.08.2018.

Picture 3.4.1.1. Piece of Skradin cake



Source: <http://unraveltravel.org/category/croatia/>, 23.08.2018.

Picture 3.4.1.2. Candied almonds



Source: <http://anamarijabujic.com/candied-almonds/>, 23.08.2018.

3.4.2. Rožata

Although *rožata* is traditional speciality of Dubrovnik area, it also has place in Šibenik cuisine. *Rožata* has Spanish origin – at the beginning this was a pudding and typical Catalan dessert and it was known as „*crema de sant Joseph*“. This desert is based on two main ingredients, caramel creme and sugar. It is very important to achieve proper relation between creme at the bottom and sugar on the top. Catalan recipe also included fruits, nuts and unsalted sheep`s cheese with honey. *Rožata* is wide spreaded through other countries. For example, in UK it is simply called *creme caramel*, in France it is called *creme brulee* and in Portugal *pudim flana*. All this variations have some differences but the core of the meal remained the same. The

differences are obvious even in different parts of Croatia. Interesting fact about *Rožata* is that it is considered a germ free and therefore healthy. Reason for this opinion are two heat treatments. Preparation of *rožata* includes steaming the creme and then baking it. *Rožata* is served by putting it upside down from the mould and it is poured with sugar syrup.⁴¹

Picture 3.4.2.1. *Rožata*



Source: <https://www.noninazdravakuhinja.com/recept/rozata/>, 23.08.2018.

3.4.3. Fritule and kroštule

One of the Šibenik-Knin County's most popular deserts are *fritule* and *kroštule*, prepared on similar way. *Fritule* (fritters) are Croatian version of doughnuts and they are made mostly throughout February, a carnival month, and holiday season. This speciality is often offered with a little bit of brandy. *Fritule* are aromatic bite-sized fried dough balls that are smaller than *krafne* and often without a filling. Traditional *fritule* are made of yeast dough, although there are different versions of baking them. Sometimes grated apples are used with the dough. They can also be flavoured with orange or lemon zest and grape brandy. Most important part of baking is controlling the oil temperature. If the temperature is too high, they will be charred and if it is too low, they will be too oily. Oil is usually ready for frying when the bubbles start to forming around the wooden spoon. When *fritule* are done, they are dusted with powdered or granulated sugar. Other recipes for *fritule* include putting raisins in the dough which gives extra aroma and taste.⁴²

⁴¹ <http://www.iceipice.hr/en/article/the-principle-is-the-same-the-rest-is-just-shades-of-difference>, 30.08.2018.

⁴² <https://www.godubrovnik.com/bloggers/something-tasty/recipe-tamara-novakovic-croatian-prikle>, 30.08.2018.

On the other side, on almost every table during the festives and celebrations desert called *kroštule* can be found. *Kroštule* are thin ribbons of fried pastry that are puffed and very light. Other countries also prepare this meal. For example, in Ukraine they are called *verhuni*. Preparation of *kroštule* is very simple – it includes making the dough, rolling it, cutting, tying and frying it with sugar. It is best to let them cool after cooking and to eat them the same day.⁴³

Picture 3.4.3.1. *Fritule*



Source: <https://www.godubrovnik.com/bloggers/something-tasty/recipe-tamara-novakovic-croatian-prikle>, 30.08.2018.

Picture 3.4.3.2. *Kroštule*



Source: <https://www.coolinarika.com/recept/906871/>, 30.08.2018.

⁴³ <http://heneedsfood.com/2014/09/kroštule/>, 30.08.2018.

4. ENO-GASTRONOMIC BUSINESS

Šibenik-Knin County has plenty of restaurants and wineries in which tourists and other guests can look at this part of Croatia from the other aspect. These places often differ from each other in terms of menu, interior and exterior, their position (coastline or hinterland), prices and other elements that, combined together, create an image of certain object, but also destination in which this object is situated. This means that owners have to be aware that their positive or negative features can reflect on tourist's opinion about the area of their arrival. Most of the County's restaurants offer traditional food and beverages which means that their menus are based on cultural heritage of the County. Every destination in Šibenik-Knin County have few prominent restaurants with tasteful gastro-specialities.

4.1. Restaurants

This short brief of the main restaurants of Šibenik-Knin County will begin in capital of the County. Šibenik has many restaurants from which some of them are more or less known and are located on the coastline or hidden in the small streets of old town. Going from the St. Francis Church and Monastery to Chatedral, few restaurants will be mentioned along with their main features. One of these restaurants is *Konoba Nostalgija* situated beside already mentioned monastery. This restaurant with a rustic interior offers a diverse and affordable menu for lunch or dinner based on local ingredients and local wine. There can be ordered various cheese and meat platters, fish sorts and soups, but also liquours and traditional cakes.⁴⁴ Next restaurant is *Tomaseo* located on the coastline and with a possibility for guests to feel the town while eating excellent food. It is known for pasta dishes, seafood, meat and risottos. They also have fine steaks and beef meals, deserts (especially semifreddo) and an extensive list of wines.⁴⁵ In the palace in front of the St. James Chatedral is located, according to many people, one of the best restaurant in town – *Pelegriani* restaurant. *Pelegriani* was voted the best restaurant in Dalmatia three times in a row and in 2015 it won the award for best restaurant in Croatia. Philosophy of this restaurant is to use local ingredients for traditional dishes with a modern twist. Although the prices in this restaurant are little higher compared to others, it is one of the places that are worth to visit.⁴⁶

⁴⁴ „Šibenik in your pocket 2018.“, 2018., p. 16; <https://www.inyourpocket.com/sibenik>, 31.08.2018.

⁴⁵ <https://theculturetrip.com/europe/croatia/articles/the-10-best-restaurants-in-sibenik-croatia/>, 31.08.2018.

⁴⁶ Ibid.

Picture 4.1.1. Pelegrini restaurant



Source: <http://www.dobri-restorani.hr/restoran/pelegrini/>, 31.08.2018.

There are more than a few good restaurants outside of Šibenik too. For example, midway between Brodarica and Solaris complex near Šibenik is located restaurant *Barun*. The restaurant is in a large family house with a first-floor dining room and a view toward olive plantations and outdoor seating with a Mediterranean plants. The menu is based on local fish and shellfish, pasta etc. Another very popular restaurant located in Brodarica is restaurant *Zlatna ribica*. It is considered one of the best seafood restaurants in the region with a big terrace that offers a view on the island of Krapanj and sea. It is possible to choose from the finest fish that weighs in at around 400 kuna per kilo to cheaper fish such as tuna steaks or simple fillets of white fish with a price of around 75 kuna. Fish is prepared in various ways – it is grilled, baked or stewed.⁴⁷

Picture 4.1.2. Barun restaurant



Source: <https://www.crogourmet365.hr/ugostitelji/restorani/restoran-barun-200>, 31.08.2018.

⁴⁷ „Šibenik in your pocket 2018.“, 2018., p. 15-16; <https://www.inyourpocket.com/sibenik>, 31.08.2018.

Going little northern from Šibenik, to island of Murter, it is possible to check restaurant *Fabro*, romantic place for evening meals. Interior of the restaurant is decked out in nautical souvenirs and the menu offers grilled or baked fish, shellfish and steaks. From one of the island's restaurant, *Fešta* restaurant on the island of Žut (Kornati islands) can be mentioned. This restaurant's menu is mixture of traditional Dalmatian cuisine with a local herbs and flora from the Kornati region. Fish, lobsters, home-baked bread and wines are only part of the assortment of this restaurant. On the southern part of the County, in Primošten, is located restaurant *Kamenar*. This restaurant in the old stone house with modern interior offers combination of traditional and contemporary cuisine. Menu consist of seafood pastas, risottos, steaks, fish and others served with local *Babić* wine or white *Pošip* from Korčula. One restaurant from Rogoznica will also be mentioned and it is restaurant *Antonijo*. The restaurant is on the very end of the Rogoznica's riva and offers squid risottos, lobsters, fish fillets and other seafood. Their meat speciality is *Dalmatinska pržolica* (pork chop with garlic).⁴⁸

Picture 4.1.3. Primošten



Source: <http://www.tz-primosten.hr/>, 31.08.2018.

This chapter about the restaurants in Šibenik-Knin County will be closed with restaurants in the hinterland of the County. Restaurant *Zlatne Školjke* (Golden Seashell) is set close to the seafront in town of Skradin. The guests have high-quality menu to choose from – seafood pasta, fresh fish and shellfish, but also local specialities such as *skradinski rižot* and

⁴⁸ „Šibenik in your pocket 2018.“, 2018., p. 19-21; <https://www.inyourpocket.com/sibenik>, 31.08.2018.

skradinska torta. Nothing less worth of visiting is restaurant *Bonaca*, also in Skradin. It is known for using only freshest ingredients and their offer of various fish, shellfish or lamb. The restaurant has a terrace with a view on Skradin marina. For everyone who wants to feel the real charm of the hinterland, it is advised to visit restaurant *Kod Baje*. It is unpretentious and inexpensive place with meaty grill, stews, sausages and local delicacies such as *Drniški pršut* and *sir iz mišine*. Last restaurant is restaurant *Konoba Vinko* in Konjevrate near Šibenik. *Drniški pršut*, Velebit cheese, cakes, liqueurs and other meals can be found on the plates of this restaurant.⁴⁹

4.2. Wine producers

Šibenik-Knin County has two large wine producers – Vinoplod from Šibenik and Dalmacijavino from Drniš, but also a number of small family-run cellars. Vinoplod winery is founded in 1959 and it is known for its quality wines such as *Babić*, *Plavina*, *Faust*, *Debit*, *Maraština*, *Rose*, *Merlot*, *Cabernet savignon*, table wines like *Jure*, *Doro* and others and brandies like *Komovica*, *Lozovača*, *Travarica* and *Pelinkovac*. Vinoplod winery is one of the first wineries in Dalmatia that started to use modern technology combined with traditional way of wine production.⁵⁰ Dalmacijavino was founded in 1946 and produces many wines of which especially recommended are *Merlot*, *Debit* and *Plavina*, *Pošip*, *Faros* and other. Their portion of the assortment have also table wines *Šjor Bepo*, *Dalmatinac* and *Peristil*.⁵¹ Other wineries that can be mentioned are Bibich, known for excellent *Debit* and sweet wine *Ambra*, and smaller ones such as Duvančić and Džapo (Promina area), Piližota, Gracin and Gašperov (Primošten area).⁵²

⁴⁹ „Šibenik in your pocket 2018.“, 2018., p. 18-22; <https://www.inyourpocket.com/sibenik>, 31.08.2018.

⁵⁰ <http://vinoplod-vinarija.hr/o-nama/>, 22.08.2018.

⁵¹ <http://www.dalmacijavino.hr/category/vina/>, 22.08.2018.

⁵² D. Fabijanić et al., op. cit., Zagreb, 2015., p. 49

5. CONCLUSION

Šibenik-Knin County has many touristic resources; two national parks, stunning archipelago and hinterland with its own charm make this County a tourist destination well worth of visiting. But, along with that it is also its culture created under many historical circumstances that attracts more and more tourists that want to see the trace of the past time on this soil. They are visiting chatedral, churches and other monuments, trying to get acquainted better with the country`s history and the life of its people. Therefore, many tourist`s attraction is local food they never had a chance to taste. Šibenik-Knin County offers various dishes with Meditarrenean taste that suprise over and over again. From the great number of fishes, shellfishes and other seafood, local prosciutto and cheese to excellent wines and tasteful deserts of all kinds. are localalso rich eno-gastronomy created under various features. Although many food on this area is considered traditional, it has many connections with past rulers, such as Venice, France and so on. This eno-gastronomic heritage resulted in many restaurants with a delicious local specialities that are trying to raise their standard every day.

From this analysis of the Šibenik-Knin eno-gastronomy it is possible to see that it represent a possible base for the tourism development. Although the reason of tourist coming to this region is largely the nature, eno-gastronomy of this County is nowadays also recognized. By combining it with ather aspects of tourism like tourism of „sun and sea“, eco tourism, religious tourism and others, it can get even more on its value. Therefore, it can be said that it is necessary to continue promoting this element of enourmous importance and try to attract more guests by giving them a whole new experience this area can offer.

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